

ROK Steady



FAMILY SEPARATION

CALL FOR READINESS

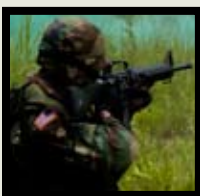
ALSO INSIDE:
ACTIVE BCT STATIONING PLAN
TROOPS TRAIN AS THEY FIGHT
ACU ANSWERS
THE SEOUL ART CENTER
ANNUAL MUD FESTIVAL

CONTENTS



ACTIVE BRIGADE COMBAT TEAMS 8

ARMY UNVEILS STATIONING PLAN



MULTIFUNCTIONAL AVIATION BRIGADE 12

OSAN LIVE FIRE



THE MAJOR 16

HISTORY FROM CAMP CASEY



FAMILY READINESS GROUP 18

KOREA DEPLOYED



SEOUL ART CENTER 27

MUSEUMS, STAGES, THEATERS AND ACADEMIES



8TH BORYEONG MUD FESTIVAL 30

LATHER UP IN "MINERAL RICH" MUD

THE SCENE

4 COMMAND FOCUS

6 DID YOU KNOW

34 WHAT'S HAPPENING

36 FINAL FRAME

August 2005
Vol. 3, No. 8

8th U.S. Army Commander
Lt. Gen. Charles C. Campbell

8th U.S. Army Public Affairs Officer

Lt. Col. Thomas E. Budzyna

Information Strategies Chief

Maj. Tanya J. Bradsher

Command Information Chief

Capt. Koné C. Faulkner

ROK Steady Staff

Editor

Cpl. Sadie Bleistein

Assistant Editor

Spc. Daniel Love

Staff Writer

Pfc. Fay Jakymec

Design & Layout

Maj. Scott Slaten

Sgt. Christopher Fincham

Send submissions, letters
and suggestions to: 8th Army
PAO, ATTN: ROK Steady,
PSC 303 Box 42, APO AP
96205-0010, or call 723-4827.
Fax us at 723-3537 or e-mail
information to:

**ROKSTEADY@korea.army.
mil**

**Deadline: 45 days prior to
date of publication**

ROK Steady is an authorized
command information publica-
tion, published monthly for the
members of 8th U.S. Army and
their dependents. Distribution is
9,500 copies peninsula-wide.
Contents of ROK Steady are not
necessarily the official views of,
or endorsed by, the U.S. Govern-
ment, Department of Defense,
USFK or 8th U.S. Army.

ROK Steady is an unofficial
publication authorized under
AR 360-1. Editorial content is
prepared, edited, and provided
by the Command Information
Division of the 8th U.S. Army
Public Affairs Office.



PHOTO BY PFC FAY JAKYMEC

A Soldier from the 2nd Battalion, 2nd Aviation Regiment surveys the action from the side of a road as a UH-60 Blackhawk practices medical evacuation during a convoy live fire exercise, July 24 at Osan Air Base.

ROK Steady Cover: Designed by Pfc. Lee, Jung Woo
KATUSA Newspaper journalist

BEING THE BEST NEIGHBOR I CAN BE

By Dianne Campbell

Wife of the 8th U.S. Army Commander, Lt. Gen. Charles C. Campbell

My husband Hondo loves our Nation and has served it selflessly for over thirty-five years. Hondo is committed to Soldiers and their families, and has instilled in me from the day we married that our small role in this great Army is to serve our nation, to serve Soldiers and to serve their families. When we married, I asked him what he expected of me and how was I to serve as an Army wife. His response was simple and has never changed: "Be a good neighbor."

Family readiness is a state of mind. The Army places heavy demands on Soldiers that require them to be in a state of readiness every day. Families are an integral part of the Army community; and they too, must be ready to respond and support the Army's mission. The Army leadership, Soldiers and family members are all stakeholders who are responsible for fashioning a partnership in that relationship that supports the mission. Studies have proven that the health of this relationship directly impacts a Soldier's

readiness, their ability to perform their job and their willingness to stay in the Army. Family Readiness Groups act as the foundation on which the platform of trust between Army leaders, Soldiers and the family can be built. It is the bedrock for establishing a good neighborhood in the Army community.

Our Army spouse volunteers play an important role in FRG's by providing leadership, mentoring and education that will empower the members to be independent and self-reliant, especially when their Soldier is deployed. An effective FRG Group is a safe haven where members can go to get relevant, reliable, timely and accurate information about what is going on within the unit and how it impacts their Soldier and their family. It is their "neighborhood" and should foster a sense of belonging and shared understanding. It is a place where family members can come together to socialize, to share their joys and address their issues and concerns.

What do you do when 90 percent of your family members are widely

dispersed in locations throughout the United States? It is important to reach out to those family members; spouses, children and parents. I would encourage you to harness the power of technology. Email and Virtual Family Readiness Groups can be a component of the traditional FRG. Army One Source is a 24-hour, 7-days-a-week resource via the web, or it is just a telephone call away. My Army Life Too is an Army web site designed specifically for spouses to help them navigate Army Programs designed to support their needs.

Nothing can replace the touch of a hand extended in friendship or the smile on the face of an understanding neighbor. Army Community Services established the Waiting Families' Programs to reach out to families who do not live where their spouse is stationed. I would encourage spouses who are waiting back home to join a Waiting Spouse Support Group.

I would like to take this opportunity to thank all of our FRG leaders and FRG members. You make a difference in the lives of Soldiers and family members every day. Your efforts enable spouses to be self-reliant and empowered. This has a direct impact on the Army's ability to succeed in its mission.

There is power in knowledge only when it is shared for the good of others. I encourage everyone to share knowledge with their Family Readiness Groups, their Coffee Groups and their Chains of Concern. My commitment to the Soldiers and family members of 8th United States Army is to try to be the best neighbor that I can be.



Campbell



WE HAVE COME A LONG WAY BABY

By Patricia Wheeler

Wife of UNC/CFC/USFK/8th U.S. Army sergeant major, Command Sgt. Maj. Barry Wheeler

In 1973, when my husband joined the Army and I became a “dependent,” the phrase “if the Army had wanted you to have a wife, they would have issued you one” was still alive and well. There was little or no information flow to the spouses from the unit. Spouses were “dependent” on their Soldiers to keep them informed, and sadly, in many cases, the Soldier decided it was on a need-to-know basis and their spouse did not need to know. There was no support network other than that of friendships the spouse had cultivated. Needless to say, many spouses found themselves desperate and detached with no where to turn.

The early roots of the Family Support Group (FSG) was born as the need for socialization, information and support among spouses, resulting from overseas tours, long field exercises and deployments.

Many times, Chains of Concern (phone rosters) were the only contact spouses had to the unit. During Desert Shield/Desert Storm, 1990-1991, the Army realized the need for family readiness.

On June 1, 2000, the Department of the Army renamed FSG to the Family Readiness Group (FRG) to emphasize the need for readiness and self sufficiency among Army families in the modern Army.

The Army has transformed from not only that spouse not being “issued,” but recognizing the extended family by including spouses, parents, children, and significant others as well as anyone with a caring concern regarding the Soldier.

Membership in the FRG is automatic and the participation is strictly voluntary.

The unit Commander is tasked with the stewardship of the program.

Family Readiness Groups not only serve as a conduit to the unit, but they allow spouses and family members to empower themselves to be self-reliant, productive members of the community while cultivating lifelong personal skills and friendships.

With today’s technology, we have virtual FRG’s that can be accessed from any computer, with the entrance as simple as a unit specific password. General information is available on a multitude of web sites as well as chat rooms for military family members.

No longer is there a reason for a spouse or family member to feel isolated or uninformed.

Reflecting back on my early days as a military “dependent,” I often wonder how I survived those early years.

I am sure much of my success was due to curiosity and persistence, qualities still prevalent in today’s family member.

Life would have been so much easier with the existence of FRG’s. I encourage today’s family members to become involved in your unit’s FRG.

Even if you are not facing a deployment, being connected and informed prepares you if an unexpected situation arises. Set yourself up for success!!

In summing up where we have been and where we have come,

I think it can simply be said, “we have come a long way, baby,” and you can only make it better!



FACTOIDS



Women's Equality Day

At the behest of Rep. Bella Abzug (D-NY), in 1971 the U.S. Congress designated August 26 as "Women's Equality Day."

The date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote.

Women's Suffrage

Susan B. Anthony and many other early suffrage women remained single because married women couldn't own property in their own right or make legal contracts on their own behalf.

Women were the first to protest and picket the White House in our history.



Symbolism of the South Korean flag

The Korean national flag is called Taeguggi. The origin comes from the old oriental philosophy called the theory of Um-Yang, in Chinese pronunciation Um-Yang. Um means dark and cold, while Yang means bright and hot. The idea of Um-Yang is supposed to be originated from the old Korean philosophy of Samshin meaning three gods. A very old book called Juyok or Iching in Chinese, which was written by the Chinese several thousand years ago, claims all objects and events in the world are expressed by the movement of um and yang. For example, the moon is um while the sun is yang; the earth is um and the heaven is yang; a woman is um and a man is yang; the night is um and the day is yang; the winter is um and the summer is yang, etc. Um and yang are relative. Um and yang are opposites and struggle with each other while they cooperate in harmony. The harmonious state of the movement of um and yang is called Taegug. Gi means a flag. The upper half circle, red, of Taegug means yang and the lower half circle, blue, means um. They stand for the state of harmony of um and yang.

The symbols, called Gwae, in the four corners, mean the principle of movement and harmony. Each Gwae consists of three bars that can be either broken or unbroken bars. A broken bar stands for yin while an unbroken bar stands for yang. Those are Gun meaning heaven, Yi meaning fire, Gam meaning water, and Gon meaning earth. Each of them symbolizes a different state of movement.

The white color of background stands for the peace and the purity of the Korean people who have loved to wear white colored clothes. Therefore, the Korean people have been called the white-clad nation.



On the Web



AMERICA'S ARMY: SPECIAL FORCES

America's Army is one of the five most popular PC action games played online. It provides players with the most authentic military experience available, from exploring the development of Soldiers in individual and collective training to their deployment in simulated missions in the War on Terror.

America's Army: Special Forces is the follow-up to America's Army: Operations, which was released on July 4, 2002.

America's Army incorporates motion capture, 3D modeling, real locations and Soldiers' actual experiences to create the most realistic situations possible. Players can choose their MOS, opt for Green Beret training, and use the military's variety of equipment. Just like in real life, players start in basic training, acquiring the skills necessary to survive in the modern battlefield.



HYDRATE

☞ Follow conventional wisdom. Drink at least eight 8-oz. servings of water each day. The more time you spend outside, the more water you need to replenish lost fluids.

☞ Don't wait until you're thirsty to drink water. By the time you feel thirsty, you probably have already lost two or more cups of your total body water.

☞ Drink plenty of water throughout the day. Convenience is a must, so carry a bottle of water with you as you commute to work, run errands or enjoy a day at the beach.

☞ Don't substitute caffeinated coffees, teas and sodas for water. Caffeine acts as a diuretic, causing you to lose water through increased urination. Alcoholic beverages have a similar effect.

☞ If finding time to drink water is a problem, keep a bottle of water at your desk. Or visit the office water cooler and take a water break rather than a coffee break.

☞ Once you start exercising, don't stop drinking. Keep a bottle of water with you and take frequent water breaks.

☞ Don't underestimate the amount of fluids lost from perspiration. You need to drink two cups of water for each pound lost following a workout.

☞ Start and end your day with a serving of water. Your body loses water while you sleep. So drink a serving before bed and



PHOTOS BY CPL. CHOI, EUI JIN

NCO, SOLDIER AND KATUSA OF THE YEAR

Lt. Gen. Charles C. Campbell, 8th U.S. Army Commander, presents the KATUSA of the year 2005 award to Cpl. Kim, Jung Tak, 16th Medical Logistics Battalion, 18th MEDCOM.

Command Sgt. Maj. Barry C. Wheeler, 8th U.S. Army Command Sergeant Major shakes hands with Pfc. Robert A. Wallace, 46th Trans Co. 19th Theater Support Command, after presenting him with the Soldier of the Year 2005 award.

Staff Sgt. Thomas Bean Jr., 1/38th Field Artillery, 2ID is the NCO of the Year.

MILITARY FAMILY WEBSITES

Family Programs:

Military One Source:

Army Homepage:

Army Knowledge On Line:

AFTB Family Member Training Online:

Army Family Readiness Groups:

CFSC MWR Family Programs:

General Information:

Guard Families:

Guard Family Team Building:

Defense Finance/Pay:

AUSA Family:

Military Officer Association:

Links for military spouses:

Military wives:

National Military Family Association:

Sgt Mom:

Military Family Resources Center:

General Information in Federal Govt:

Military Acclimate (relocation assistance):

AAFES:

Commissaries:

TRICARE:

US Family Health Plan:

DEERS:

Department of Defense Schools:

www.myarmylifetoo.com

www.militaryonesource.com

www.army.mil

www.us.army.mil

www.armyfamilyteambuilding.org

www.armyfrg.org

www.armymwr.com

www.defenselink.com

www.guardfamily.org

<http://www.gftb.org>

www.dfas.com

<http://ausa.org/family>

www.moaa.org/spouse

<http://talesmag.com/resources/military.shtml>

<http://talesmag.com/resources/military.shtml>

www.nmfa.org

www.sgtmoms.com/home/asp

www.mfrc.dodgol.org

<http://firstgov.gov>

www.militaryacclimate.com

www.aafes.com

www.commissaries.com

www.tricare.osd.mil/

www.usghp.com/portal/default.asp

www.military.com/resources

www.dodea.edu

Army unveils active Brigade Combat Team stationing plan

Story by Cheryl Boujnida

Army News Service

As part of its largest restructuring since World War II, the Army announced its plan today for stationing its active component modular Brigade Combat Teams.

The plan includes new organizations being formed and other units being returned from overseas locations. The return of the overseas units adds up to 50,000 Soldiers and 150,000 family members being brought back to bases in the United States.

In the end state, the number of active modular BCTs will increase from 33 to 43, enhancing the active Army's combat power by 30 percent.

The plan was announced at a Pentagon press briefing conducted by Special Assistant to the Secretary of the Army Raymond F. DuBois and Army Vice Chief of Staff Gen. Richard Cody.

"Moving the Army to modularity represents the largest change of our Army since 1939," Cody said.

He also explained the benefits the Army and Soldiers will see from the stationing plan.

"What this does for us is it sets up the footprint of the United States Army," Cody said. "It optimizes the training areas. Posts, camps and stations are structured properly for the new weapons systems we have. It set us up for some great training opportunities. I think, over time, the big winners are going to be our Army families ... because we can put a Soldier and his family at a post, camp or station there, and leave them there for four to five years."

Cody said the Army's modular force initiative and stationing plan will better posture the Army to meet its strategic commitments, to include ongoing global combat operations, while allowing it to continue transforming to meet the future demands of combatant commanders.

He explained the life cycle management of BCTs is stabilized through three-year rotation cycles. "The Army will not be moving its people around as much – this will reduce turbulence in brigades and battalions," Cody said. "This will stabilize forces and provide for more cohesion within brigade combat teams."

DuBois said the current plan ties perfectly into the Army's modular initiative, the return of troops from over-

seas and base realignment and closure recommendations.

"The selection of the BCT stations was a deliberate and analytical process," DuBois said. "In this complex set of chess moves, it shows that Soldiers and family members remain the centerpiece of the Army and life will be more predictable for them."

DuBois said that the plan is a force stabilizer for Soldiers and family members and directly impacts their quality of life.

As a key element of the BCT stationing plan, the Army will implement the Office of the Secretary of Defense's Integrated Global Presence and Basing Strategy analysis recommendations by returning up to 50,000 soldiers from overseas locations by the end of the decade.

DuBois said the Army will not lose its presence overseas but the reduction of more than half of the forces will be a significant savings to U.S. taxpayers.

Two key recommendations of the analysis include the return of the 1st Infantry Division to Fort Riley, Kan., and the relocation of the 1st Armored Division to Fort Bliss, Texas. The 1st Infantry Division will return in 2006 and the timing for the return of the 1st Armored Division is under review.

The Army selected locations for the modular BCTs based on existing and potential capacities, available training space, and current locations of similar and supporting units.

While the modular brigade combat teams follow historic division and brigade unit naming conventions, these units



PHOTO BY MONICA BARRERA

Special Assistant to the Secretary of the Army Raymond F. DuBois (right) briefs the active Brigade Combat Team stationing plan with Army Vice Chief of Staff Gen. Richard Cody at the Pentagon, July 27.

are of a completely different design than their predecessors. The essence of this transformational design is a new force that can be deployed singularly or in groups – ready for employment in a variety of designs as self-contained modules over a dispersed area. Essential to the success of this force will be the use of Army's installations as platforms from which to rapidly mobilize and deploy military power.

The Army modular force initiative involves the total redesign of the operational Army into a larger, more powerful, more flexible and more rapidly deployable force. It moves away from a division-centric structure to one built around the Army's new modular combat team.

Additionally, modularity -- in combination with rebalancing the type of units -- will significantly reduce the stress on the force because of a more predictable rotational cycle, coupled with much longer dwell times at home station.

This commitment to minimizing the turbulence for Soldiers and families remains a top priority for the Army senior leadership. To reinforce this commitment, during the stationing of BCTs and relocation of units, Soldiers will move with their families and family moves will not be scheduled until the Soldier redeploys.

Active Brigade Combat Teams Posture:

- **Fort Benning, Ga. -- 1 Brigade Combat Team**
- **Fort Bliss, Texas -- 4 Brigade Combat Teams**
- **Fort Bragg, N.C. -- 4 Brigade Combat Teams**

- **Fort Campbell, Ky. – 4 Brigade Combat Teams**
- **Fort Carson, Colo. – 4 Brigade Combat Teams**
- **Fort Drum, N.Y. – 3 Brigade Combat Teams**
- **Fort Hood, Texas – 5 Brigade Combat Teams**
- **Fort Knox, Ky. – 1 Brigade Combat Team**
- **Fort Lewis, Wash. – 3 Stryker Brigade Combat Teams**
- **Fort Polk, La. – 1 Brigade Combat Team**
- **Fort Richardson, Ak. – 1 Brigade Combat Team**
- **Fort Riley, Kan. – 3 Brigade Combat Teams**
- **Fort Stewart, Ga. – 3 Brigade Combat Teams**
- **Fort Wainwright, Ak. – 1 Stryker Brigade Combat Team**
- **Schofield Barracks, Hawaii – 1 Brigade Combat Team**
- **1 Stryker Brigade Combat Team**
- **Fort Irwin (National Training Center), Calif. – 1 Brigade Combat Team (minus)**
- **Korea – 1 Brigade Combat Team**
- **Germany – 1 Stryker Brigade Combat Team**
- **Italy – 1 Brigade Combat Team**

The number of Soldiers in a BCT varies between 3,500 and 3,900 depending upon whether it is a Light, Heavy or Stryker BCT.

More information on the BCT stationing plan and a printer friendly map is at www.army.mil/modularforces/.



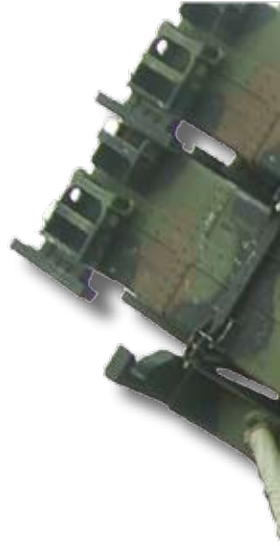


Pfc. Alvaro Robles, a PAC-3 Crewmember, waits for a signal to back up and attach the missile battery to the truck.

ON TARGET: 35th Ready



Spc. John Givens, a PAC-3 crew member, scales a missile battery during march order and emplacement training March 20.



ADA

Air Defense Artillery

to Intercept

Story and Photos by Spc. Daniel Love
Assistant Editor



An alarm sounds, and the ready-room door bursts open. Instead of a squad or platoon of Soldiers ready for battle, only two Soldiers double-time across the area of operations to prepare for the impending attack.

The U.S. Army has PAC-2 and PAC-3 missiles standing by in South Korea in case of threats from the sky, and the Soldiers who operate them are constantly training.

The July 20 march order and emplacement training was a test of the Osan based 2nd Battalion, 1st Air Defense Artillery Soldier's speed in getting ready to fight and getting ready to move.

"Here, we have a real-world mission," said Spc. John Givens, the senior crew member on the two-man PAC-3

operation team. "We actually have to watch the skies in case of something coming."

Each vehicle is assigned two Soldiers who are extensively trained on the many steps that must be completed before moving the vehicle or preparing for missile launch.

"We double check everything," said Pfc. Alvaro Robles, a missile battery crew member. "There are a lot of steps, but we work a lot to learn every one. We work on this equipment all week, and on many weekends, nine to five, straining and training."

The Soldiers endure the weather of typical Korean summers, magnified by flack vests and kevlar. They perform their steps at the highest rate of speed possible, which makes for very sweaty Soldiers when the action stops.

"Hot weather and our gear make this training harder," said Staff Sgt. Christopher Holder. "Its hard to get accustomed to, we still feel the discomfort, but we drive on and remember to slow down and drink a lot of water."

ADA Soldiers on Peninsula will rotate in the coming months, but not before gaining the experience of working overseas in a unique work environment.

"In Osan, we get training experience overseas and we get to play with the Air Force," said Givens. "This is of the best places for someone in ADA to go."

ROUGH RIDING

MFAB Soldiers prepare for dangerous situations

Story and Photos by
Pfc. Fay Jakymec

Staff Writer



Above: Soldiers load up a MK19 before moving out. **Right:** Soldiers set up a perimeter, after being attacked. **Below:** A Humvee drives through a puddle while driving between points of interest.



Soldiers milled about with wet t-shirts over their heads while others found refuge in the shade. Soon they would add heavy body armor and helmets to their normal everyday uniform. Noncommissioned officers and officers alike threaded their way through the crowd reminding everyone about the importance of drinking water.

The members of 2nd Battalion, 2nd Aviation Regiment of the 2nd Multifunctional Aviation Brigade, were getting ready for the last part of a three-day exercise.

Starting with a dry run July 22, the training culminated with a live-fire exercise July 24.

Elements of the 2nd MFAB, to include: Second Battalion, 52nd Aviation Regiment, Headquarters and Headquarters Company, 3-36 Cavalry, 1st Battalion, 2nd Attack and 602nd Aviation Support Battalion participated in the exercise. Six convoys, each containing six vehicles and 27 Soldiers took part in the exercise. 1st

Battalion, 64th Air Traffic Services was in charge of putting the exercise together.

Specific portions of the

training included: responding to an improvised explosive device (IED) or unexploded ordnance (UXO), responding to direct enemy fire while encountering a road block, dismounting and mounting the vehicle under fire and removing casualties while under fire.

It also contained valuable instructions in other ways.

"Leadership development is a large part of this exercise. Training priorities for each convoy commander are reporting, troop leading procedures, pre-combat inspections and checks, team development, rehearsals, communications and the AAR process," said Maj. Terry Meyer, 2nd Multifunctional Aviation Brigade 1st Battalion, 64th Air Traffic Services Group, training officer.

Lessons learned from convoy operations in Iraq were also a large part of this exercise.

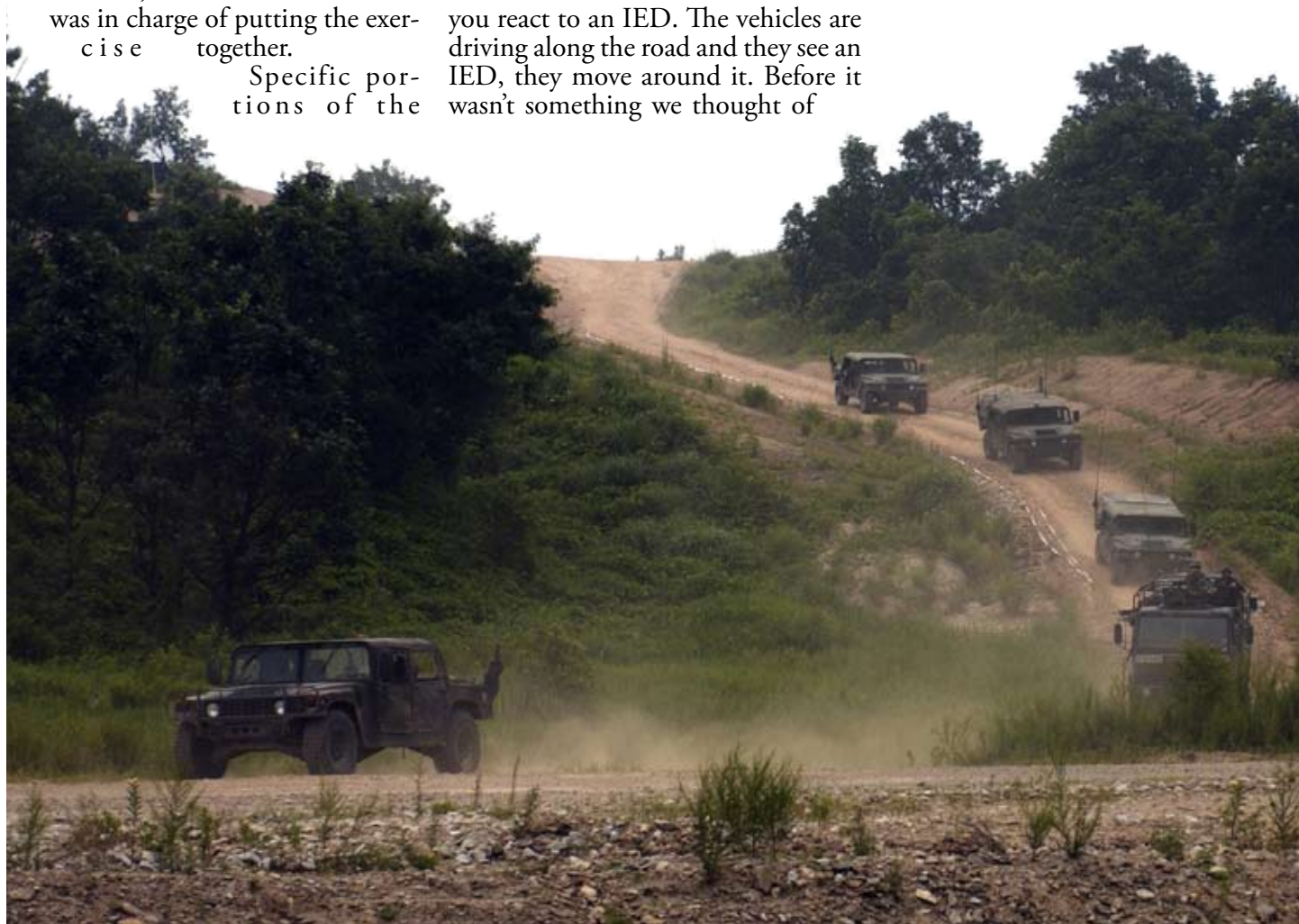
"One of the examples we're using from Iraq that we didn't normally train on before is that along this particular course we have one station where you react to an IED. The vehicles are driving along the road and they see an IED, they move around it. Before it wasn't something we thought of

because it wasn't something that we were used to. Now we're preparing all of our Soldiers across the Army for potential situations where they could come across things like IEDS. If it doesn't happen in Korea we know that these Soldiers move on to a different place in their career and there's potential to deploy somewhere else. We're just trying to give them the training that the army owes them, so that they're prepared whether it's from this unit or another unit," said Captain Tyler Lewison assistant S-3 for 1st Battalion, 64th Air Traffic Services.

Despite the heat the exercise was conducted without any incidents.

"It was very warm, but we prepared for it. We drank a lot of water, we dressed appropriately. I personally thought it went well," said Pfc. Cole Brown, a Soldier with 2nd Battalion, 2nd Aviation Regiment.

At the end of the day, the various training aspects of the exercise combined with the intense heat gave the Soldiers a realistic and effective environment in which to hone their skills.

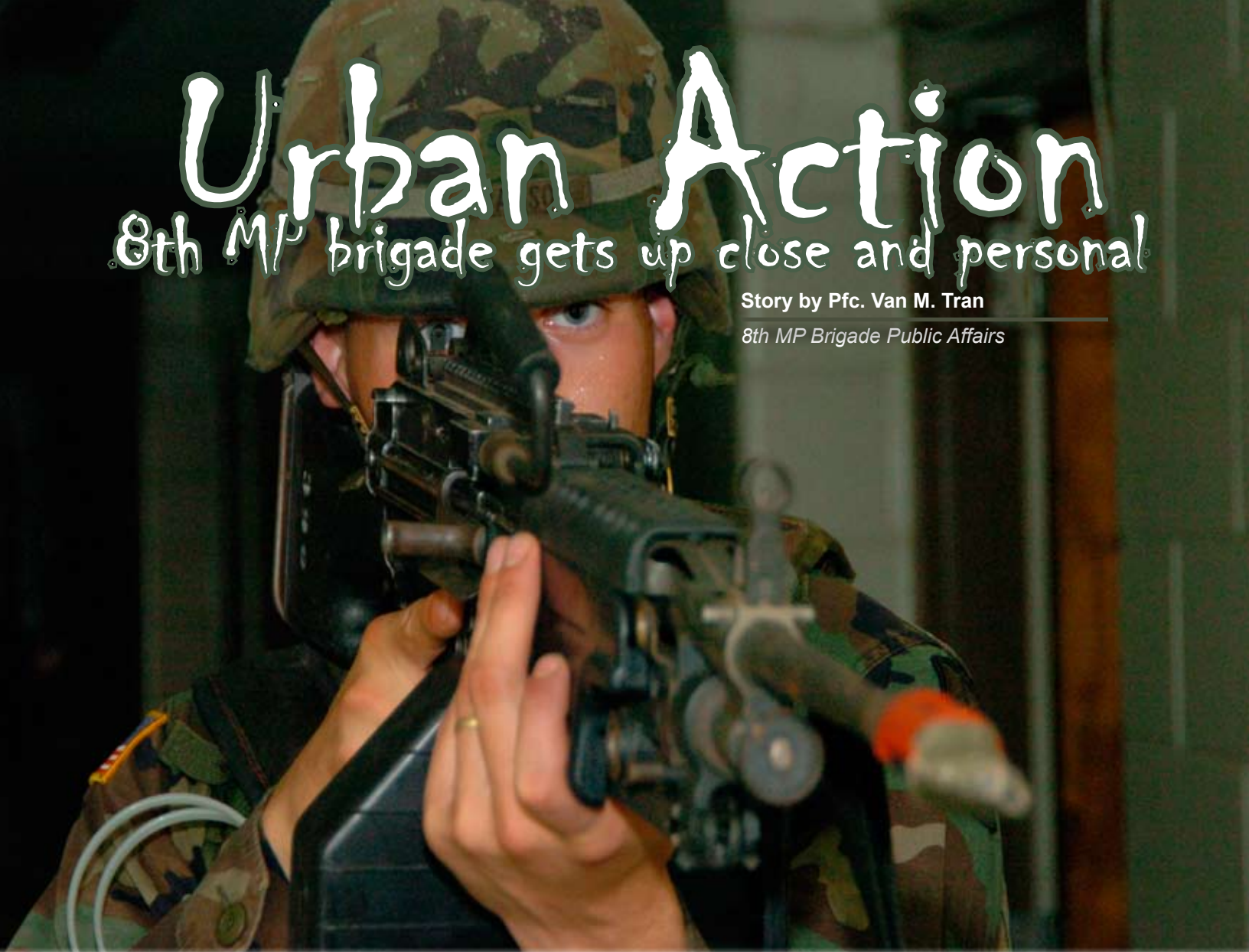


Urban Action

8th MP brigade gets up close and personal

Story by Pfc. Van M. Tran

8th MP Brigade Public Affairs



PHOTOS BY SPC. DANIEL LOVE

Above: Spc. Michael Swanson, a 557th MP Company SAW gunner, watches the squad's "six" during a simulated raid.

Right: An enemy surrenders as MPs barge through the door shouting and shooting.



Military police are common on American military posts in South Korea, and can be seen directing traffic at intersections or driving in their Gallopers upholding the traffic laws. What most Soldiers don't see, and hopefully don't have to, is the strong arm of the law.

Soldiers from 3rd Platoon, 557th Military Police company conducted an aggressive type of training called Military Operations on Urbanized Terrain, (MOUT) July 25 in a barracks under renovation at Camp Humphreys.

This type of training gives Soldiers experience with real life scenarios such as building searches, room clearing, and securing weapons caches.

This MOUT training was made unique by the fact that it was the first time that MPs were allowed to use blank rounds in a building.

The barracks also aided in providing a more realistic setting by serving as an accurate portrayal of urban decay, with crumbling tiles, spent shells on the floor and no air conditioning.

"Being able to conduct good training and letting the junior Soldiers get their feet wet in the kind of training that simulates real world situations is a great satisfaction for me," said Staff Sgt. Der-ke Plater, a 3rd platoon squad leader.

Throughout the day Soldiers were observed and graded on their ability to properly set up a perimeter around the targeted area, and also how well they maneuvered once inside the building.

The team leaders and squad leaders were graded on their ability to lay out a plan and properly execute that plan.

"It also taught us the importance of team work," said Pfc. Javier Ramirez, an MP from 2nd squad. "It showed that if one man on the team goes down or does not properly do his job, the whole team suffers."

The training did not only benefit the American Soldiers, but it also gave the KATUSAs a chance to experience scenerios that MPs are likely to face on deployments anywhere in the world.

"Working with GI's is beneficial because we learn from each other" said Cpl. Chae, W. O, the 1st squad bravo team gunner. "It also gives us a chance to get out from behind the desk and sweat a little bit."



Gunners burst through the door and spray the hallway with rounds to clear the way for a room-to-room assault.

THE MAJOR

By Sgt. Maj. Gary G. Beylickjian (Ret.)



We didn't know his name, this officer who would drop by unexpectedly to check us on the frontline. Army field uniforms during the Korean War didn't have nametags or any other tags sewn on them. We sometimes wore the division patch and ranks. The year was 1951, and we were still the Army of World War II. But, this we knew about the visitor: He was a major, and he came around at night.



We didn't know whether he was the battalion or regimental S-3 (Operations Officer). But, this we knew: He was a no-nonsense officer and decorated for heroism. He was full of questions and expected Soldiers to be full of answers. If you failed his test, he'd make sure the platoon NCOs knew about it. And that you wanted to avoid at all costs.

Word was he'd ask Soldiers on night guard such questions as fields of fire, location of the Ammunition Supply Point (ASP), the location of company Command Post, certain enemy locations and more. He better not catch you smoking at night while on the forward slope of the front line, and worse yet, he better not catch you asleep while on guard.

Some men in the Heavy Machinegun Platoon, my platoon, thought he was the officer decorated with the Distinguished Service Cross during a fierce battle in late 1950 in North Korea. Others only remembered him as the person who came to the front and "harassed" them. (Let's say the major kept them on their toes.)

Every enlisted Soldier on line pulled guard at night, usually two, sometimes three hours per shift, depending on the number of men in a specific position.

Machinegun bunkers usually had four men and the hours spent on guard depended on the starting time. Shifts usually began at 2000 (8:00 pm). The hours from midnight to 5 a.m. were the toughest and roughest. Working hard all day and staying awake during those hours was difficult. But, the enemy liked coming around during night hours, probing, shelling, attacking, harassing and keeping us all awake.

Several days passed no sign of the major. Some men thought he had rotated home or moved up to a higher headquarters, perhaps division. Maybe he got an assignment in Seoul with Eighth Army headquarters. Wishful thinkers all.

But, one night while on guard, I met the major for the first time. I heard someone coming down the trench toward the bunker; I immediately challenged, speaking the sign (password), softly, and he responded with the counter-sign, softly.

He wanted to know my name, if the emplacement had a range card (showing our targets and fields of fire),

the amount of ammo above the basic load, the number of gun barrels on hand and where they were kept, the amount of water, used as coolant for the machinegun, and the route used to the ASP and the number of men in the gun position.

In October 1951, we got word to "saddle up." We were coming off the front and into reserve where we'd get some rest and replacements; we desperately needed both. The reserve area was about eight miles or so south of MLR, the Main Line of Resistance, Army's term for the front, and along the dirt road that was the MSR (Main Supply Route). The same dirt road that was the main highway from Seoul to Uijombu to Chor'won. We heard the major picked the reserve area himself.

It was a terraced rice and wheat field. Along the north side was a huge mountain range and along the MSR, a single-track rail line which separated the British and American sectors. The rail line went from South to North Korea. It was on the terraced field, we got a visit from the major. He still remembered my name and still asked questions.

We weren't in reserve long, perhaps a week or 10 days. The Chinese had attacked a ROK unit near Kumwha, and our battalion was ordered back on line ASAP to fill a gap made by a Chinese unit along the eastern sector of the 3rd Div. front. We occupied a hill called Sniper Ridge.

I didn't see the major during November when we replaced the British 1st Commonwealth Division in Yongchon, North Korea, our unit having moved to the western sector of the central front. During December, I was in the hospital recovering from wounds. When I returned at the end of December, no sign or word of the major. Perhaps he departed Korea. Why, I asked myself, was I curious about the major? Perhaps, because he was a genuine hero; the first I had met face to face.

In 1953 I returned for my second tour. After the war ended in July, I was told to report to battalion. The S-3 wanted me to develop a training program for the battalion machine gunners; I and the other NCOs of my platoon would instruct.

When the meeting ended, I asked "out of the blue," if anyone knew or heard the whereabouts of the decorated major assigned to battalion or regiment back in 1951? Someone said he had. If it's the same officer, he said, he was killed in a plane crash during the early weeks of January 1952. Reports said the plane he was in was shot down on its way to Seoul.

The name of the officer killed: Maj. Hugh B. Casey. The Army named a camp in his honor: Camp Casey, and it sits on the very ground we, the members of the 2nd Battalion, 7th Inf. Regt., 3rd Div., occupied while in reserve that week in October 1951, 54 years ago.

Beylickjian served with Heavy Machinegun Platoon, H-Co., 7th Inf. Regt., 3rd Inf. Div, during the years 1951, 1952, 1953, two tours with the same organization and same platoon. Served as squad leader, and section leader. At age 22 promoted to Sgt. 1st Class (E6) – Master Sgt. (E7) was then the highest enlisted grade in the Army – and was given the position of platoon sergeant, responsible for 44 men in combat. He also served in Vietnam (1968-1969.)

AN ARMY OF FAMILIES IS YOURS READY FOR A

Story and Photos by
Pfc. Fay Jakymec

Staff Writer

Being stationed in Korea has typically meant that Soldiers could expect themselves to be "non-deployable." However, with our ever-changing Army and its ongoing transformation anything can happen.

The Soldiers of the 305th Quartermaster Company based in Yongsan can attest to that, as they headed to Iraq in mid-August.

Not only are the Soldiers had to face the surprising news of the deployment and how to handle it, their spouses are for the most part facing life in a new country without the support of their Soldier, or even possible relocation back to the United States - again, without the support of the deployed spouse.

To help combat some of the stress, a Family Readiness Group formed soon after the members were notified of their impending deployment.

"Korea is not really somewhere where you would have family support groups most of the time because it's a one-year-hardship tour," said 2nd Lt. Sharron Williams, co-leader of the 305th FRG. "The deployment definitely initiated the family support group."

The second meeting for the 305th FRG was held July 28th. The families that attended were a mix of dual military families, newlyweds, spouses that could speak only a little bit of English, spouses that were not familiar with the military, and also spouses that had been integrated in the Army life and were used to negotiating

"IT WOULD TRULY BE A DISASTROUS SITUATION FOR OUR SPOUSES TO BE LEFT TO FIGURE OUT WHAT NEEDS TO

their way around the military logistic maze.

For those spouses new to the military life and also for the ones who speak only a little bit of English the FRG can be a lifesaver.

The military of course is all over the globe and a lot of spouses speak only a little English. They're not educated about the Army life and the readiness group can help them



FAMILIES... DEPLOYMENT

**WILL BE DETRIMENTAL-
CAUSES TO GO OVER
NOT KNOW EXACTLY
HAPPEN HERE.”**

***2nd Lt. Sharron Williams
305th FRG Co-Leader***

with that, said the leader of the 305th FRG Aidaliz Ortiz.

The meeting that night included a class held by Bill Morrison from the Army Community Services Center. He started the meeting off by making sure the members knew that he has been in the same position they are right at that moment, referring to his many years in the Army and his previous deploy-

ments to the Middle East and Vietnam.

The importance of unity among the family members left behind was one of the issues that was discussed and definitely stressed. This was again referred to by Williams along with how the FRG planned to provide that cohesion.

“Our plan is to definitely come together and we’re going to be a family of one.

We’re going to become a family over here and support each other one hundred percent in whatever it may be,” said Williams. “I know that they say that family support group is not a babysitter, but whatever we need and whatever some members may need, they are definitely going to get it from us. Each and every individual will definitely get whatever it is they need.

From classes, from the emotional support, from wanting to talk to someone - we’re going to provide it for everyone,” she said.

Morrison also emphasized the importance of a telephone tree, which is the foundation of any FRG. The telephone tree is a way for members to connect outside of meetings and is also a way to pass down information from the chain of command in order to disseminate important information related to the company.

The issue of children and deployment can often be a sensitive one. It was suggested that if the family members left behind were planning on relocating, it would be better if the parents gave the children time to say goodbye to their favorite restaurants, places that they liked to go, and also their friends and their school.

CONTINUED on pgs 20-21

Traumatic experiences

The sudden absence of a parent can be a traumatizing experience for a child, especially if they had not been told beforehand why the parent was going away and when. Morrison pointed out that it can be much more difficult for the children if they were not informed of the change and that it was important to tell children as soon as possible about the deployment.

With a now one parent family, the remaining parent can often become overwhelmed with taking care of the children and also handling the everyday chores of running a household.

For instance, if the deployed spouse had been in charge of everything related to finances and running the household, for the spouse taking over those responsibilities it can be a confusing and difficult task.

"It would truly be detrimental for our spouses to go over to Iraq and us not know exactly what needs to happen here," Williams said.

Situations like that, according to William, is where the FRG plays an important role.

"Things have to be done because they have had so many Soldiers that have deployed where the wife didn't have a banking account, the wife didn't know where to get money from and the burden was left there on that spouse. Now with the family readiness group you're almost 90 percent sure that your family is ready when your spouse is deployed to Iraq," said Williams.

It was also pointed out at the meeting that a general power of attorney may not cover everything. Some things such as talking to finance or filing taxes may need a specific power of attorney stating that the spouse has the power to speak on their behalf.

New independence

The returning Soldiers' state of mind was also addressed and it was mentioned that they could feel left out or not needed due to their spouses' new found independence. It was suggested that this be discussed before the deployment and also expected. It was also recommended that problems should be discussed in depth before the family member left for Iraq.

For units that are not deploying soon FRGs can also be a beneficial asset.

"You still have the same basic support group because the Soldiers are always working, but you are still going to provide the same type of support. But now it's a little

bit different because they're not home," said Williams. She went on to explain. "Family readiness groups are basically there to ensure that the families are ready for any type of situation. That's why you have them in the states because you want to ensure that your families are ready just in case something like this does happen."

Ortiz used her own personal experience to illustrate this statement.

"When my husband was stationed at Fort Bragg the family support group worked regardless if they were out in the field for a couple of days. At the moment I couldn't drive at all and I always had someone to help me. It's basically that - just support. Whether they are deployed or not, the support will always be there."

After the meeting with Morrison, the battalion command was brought in to address questions that had been submitted by family members.

Command responsibilities

Regarding the involvement the chain of command has with the FRGs Williams said, "One of the main priorities of a commander should be the FRG because every Soldier has family members whether they are have spouses and children or not."

Morrison also mentioned during the meeting that the Army Community Services Center can also provide family members of deployed Soldiers with assistance in relocating back to the United States. They can provide detailed information on any city in the United States or overseas and can also direct families on how to obtain loans from the Army Emergency Relief fund.

Besides providing members with answers to questions, the meeting was most successful in bringing the members together, an important role that will be sure to help the members with the coming deployment.

"My husband and I were both in the same company and I thought it was important for people who are deploying and people who are being left behind to come together," Pfc. Nikki Ward. Ward's husband Spc. R'Gaio Ward is deploying with the 305th.

After the question and answer period with the command, the group adjourned to another room to socialize and for a potluck. The importance of the newly formed FRG was apparent in the ties that the members were quickly solidifying.

For more information on family readiness groups contact the Doris Lebby at the Army Community Services Center at 738-9877.

GROUPS THAT CAN PROVIDE ASSISTANCE:

ARMY COMMUNITY SERVICES CENTER

HOUSING OFFICE

CHAPLAINS

TRANSPORTATION OFFICE

LOCAL SCHOOLS

LEGAL ASSISTANCE OFFICE



COPING DURING A DEPLOYMENT

There are several stages of emotion you may go through when your spouse or partner has been deployed. When they first learn about a deployment, many people begin thinking about what it will be like to live without their partner, which may cause feelings of confusion, anger, resentment, or depression.

If you experience any of these emotions, you can

- talk to your spouse about your feelings
- work to create opportunities for lasting memories during the separation
- talk with other people from your military community who are going through the same experience
- involve your entire family in getting ready for the deployment

As the time of departure comes closer, some people may begin to feel detached or withdrawn. Feelings of hopelessness, impatience, and a decrease in emotional or physical closeness are all common reactions to an impending deployment.

When a loved one leaves, family members may go through a difficult adjustment period. On the “up” side, many people feel an increased sense of independence and freedom. The “down” side could include periods of sadness and loneliness.

If you have trouble adjusting to the absence of a spouse or partner, you can

- Try to find things to look forward to. Take a class, volunteer, or start a project you’ve always wanted to do. Set some personal goals for yourself during the deployment period and be open to new experiences and friendships.
- Reach out to others who are in the same situation. Remember that you are not alone. Plan an event with other families who are coping with a deployment or find a support group through your military community.
- Try to concentrate on the things you can control. It’s normal to worry about your spouse’s safety during a deployment or about when he or she will come home, but this is something that you can’t control. Try to focus on things that you can control, like spending time with family and friends or signing up for a class or volunteer opportunity.
- Learn some stress management techniques that work for you. The stress of living without your partner can take a toll on the way you feel and think. Try out some different ways to relieve stress, such as an exercise class, keeping a journal of your thoughts and feelings, or practicing meditation or deep breathing.
- Take care of yourself. Get enough sleep and exercise and eat healthy meals.

Information compiled from ArmyOneSource.com

USO offers **summer fun** for local kids

Story and Photos by
Pfc. Fay Jakymec

Staff Writer

Bridging the cultural divide, the United Services Organization has been holding a program called the Good Neighbor Program. One of the more recent excursions was July 28.

That day, students from Younghoon Elementary School took part in the USO program.

"A lot of these kids can't leave Korea during summer vacation, so we wanted to do one full week in camp where they would be inundated with Western culture. We thought that this (a day with the U.S. Military) would be a great opportunity for (them) to be forced to speak English. My boss and I came up with the idea that this would be a great opportunity for us and the USO," said teacher James Gilbey.

Starting at noon, the children and the volunteers gathered in a classroom at the USO, Camp Kim, to get to know each other.

Chris Beenhouwer, the director of the program, gave a talk and then brought some of the uniformed volunteers to the front to talk about the difference between the Army and Air Force uniforms of the volunteers and to field questions from the children.

After the question and answer period, the children divided into groups of four and the volunteers led their groups downstairs to the USO canteen.

The children chatted over hot-dogs and hamburgers and then loaded onto a bus for Yongsan to go bowling.

Once at the bowling alley, the children seemed to lose some of their shyness and actively participated in the bowling adventure with the volunteers.

The language didn't seem to cause much of an obstacle as the



The children of Younghoon Elementary enjoy a game of bowling at the Yongsan Army Garrison bowling alley.

children chatted with the volunteers.

In reference to whether the language barrier caused many problems in the program Beenhouwer said, "It varies with the school. Their English varies from barely able to communicate, all the way to today. These children here are

exceptional. They are basically fluent in English."

The next dates for events with the USO GNP are August 17, 24 and 26. Those who are interested in being volunteers can contact their local USO for more information.



Third Annual World Ceramic Biennale Exhibition Hall

Story and photos by Cpl. Sadie Bleistein

Editor

The Third Annual World Ceramic Biennale Exhibition Hall, in Ichon, Gyunggi-do, South Korea is just a part of the many ceramic sites Korea has to offer.

Ceramic artists from all over the world participated in this ceramics exhibition.

The exhibition has pieces from contemporary ceramic art, traditional Korean ceramics, landscape ceramics and an exhibit called "Teapots of the World," where a wide array of teapots are on showcase.

To see more of this exhibit, turn to the *Final Frame* of the ROK Steady on the last page of the magazine.



Command strives to provide quality healthcare

By 1st Lt. Michael Schardinger

18th MEDCOM PAO

Picture this, you walk into the hospital for an appointment and when all is said and done, 121st General Hospital doesn't have the scope of services available that you need to receive. You would naturally feel that more could have been done prior to your situation to prevent this dilemma from occurring. This won't happen to us anymore. 18th MEDCOM and the MOU (Memoranda of Understanding) hospitals spread throughout Korea have been establishing enduring professional partnerships to overcome that exact dilemma for years. The first MOU was signed in October 1999. Currently, there are 19 MOU hospitals throughout Korea. When a Military Health System (MHS) beneficiary, USFK employee, or a family member is sent to a Korean MOU Hospital, our most significant concern is the quality of care they will receive. This concern has been met at all the MOU Korean hospitals. 18th MEDCOM physicians, nurses, and hospital administrators have visited each of them to verify the care provided at these facilities is among the best available. Most of the physicians at these hospitals and a few nurses as well, speak English well and received training in America before being awarded their Board Certifications in their specialty.

Some may ask, what is the purpose of these MOUs? The 18th MEDCOM provides quality health care in Korea; however, it does not have the full scope of sub-specialty services sometimes required by our patients. To provide these medical services, the 18th MEDCOM has established formal affiliations with hospitals throughout the Korean Peninsula in strategic populated areas to care for USFK beneficiaries. Our MOU Hospitals have made significant accommodations to address concerns we have on behalf of US Patients. They have agreed to provide US Food and Drug Administration approved medications if they are available. Twenty-four hour full-support nursing services are available for in-patients. Private rooms are often available. Discharge instructions are always

prepared in English. Most provide western-style meals.

Each hospital also provides an English-speaking appointment coordinator to help our patients during the entire process. Affiliated hospitals also have the ability to provide English versions of itemized bills and other documentation needed by U.S. insurance companies and the TRICARE Service Center.

18th MEDCOM has even coordinated transportation in multi-passenger vans in order to help beneficiaries travel to and from their appointments in our MOU Hospitals. In Yongsan the shuttle is available by appointment only Monday thru Friday. Camps Hialeah, Walker, Casey, Stanley, Humphreys, and Red Cloud also provide this service for free. Here are some quotes from beneficiaries after they have received care in our MOU facilities: "Are they all this nice? Wow, Much nicer than I expected! Very nice facility. If I need more healthcare I hope I get to go back. I was really impressed."

Here's what's important. Providing quality care is the 18th Medical Command's #1 priority. Patients should feel comfortable and confident about the care they receive in our MOU hospitals just as 18th MEDCOM feels confident about sending our beneficiaries to them. If you have any questions or would like a brochure on MOU hospitals and they details of the excellent care we receive there, please contact your local TRICARE office at the following locations:

OSAN	DSN 784-2488
KUNSAN	DSN 782-5502
AREA I	DSN 730-3324
AREA II	DSN 736-8558
AREA III	DSN 753-7666
AREA IV	DSN 764-4683

(Editor's Note: The TRICARE Office in Yongsan contributed information to this article)

106th Medical Detachment

52nd Medical Evacuation Battalion

121st General Hospital



Col. Brian D. Allgood, 18th Medical Command commander, reviews (bottom) and presents (right) a memorandum of understanding to an Ehwa Medical Center representative.



August 2005

618th Dental Command

16th Medical Logistics Battalion

168th Medical Battalion

What you should know about the ACU

By Spc. Daniel Love

Assistant Editor

The new uniform is different not only in form, but also in function. It has won the acceptance of senior NCOs and officers across the Army.

"The battle dress uniform has served its purpose, and served our nation's Army well, but we needed a uniform that was more adaptable and more user-friendly to the Soldier," said Command Sgt. Maj. Barry Wheeler, command sergeant major of 8th U.S. Army. "It was time for the change, there's no doubt about that."

While the new uniform has many changes that set it apart from the BDU, leaders are specifically praising a few key features, like not having to press the uniform or

shine the brown boots, which are authorized for wear at this time.

"If I had all the money I spent starching BDUs over the years I'd be a rich man, said Wheeler. "It makes the uniform much more comfortable and breathable. Soldiers over the years have spent a lot of time shining boots. I'm pleased that troops don't have to do that anymore."

As a result of not being constantly starched, the ACU is more breathable than the BDU. Also, the pattern won't fade as quickly. The color scheme is designed to be all purpose, helping Soldiers blend in to desert, woodland and urban environments. The uniforms are scheduled to hit Clothing and Sales shelves early next year for 8th U.S. Army Soldiers, and will be issued to KATUSA soldiers. The estimated cost is said to be \$75 for a set.

Patrol Cap with double thick bill and internal pocket

Moisture-wicking desert tan t-shirt

Integrated Friend or Foe Identification Squares on both shoulder

All skill badges will be pin-on

Shoulder pockets with Velcro

Rank insignia centered on the front of blouse

Zippered front closure

Three-slot pen pocket on bottom of sleeve

Two-inch, black nylon web belt

Velcro for wearing unit patch, flag, name and U.S. Army tapes

Tilted chest pockets with Velcro closure

Pouch for internal elbow pad inserts

Velcro sleeve cuff closure

Pouch for internal knee pad inserts

Forward tilted cargo pockets

WARNING

All ACUs are not created equal. At this time, the Army Combat Uniform is available for purchase online. Some websites, are selling military specification ACUs at \$100 a set. However, buyer beware. Some website's ACUs are not made to military specifications, and are out of regulation.

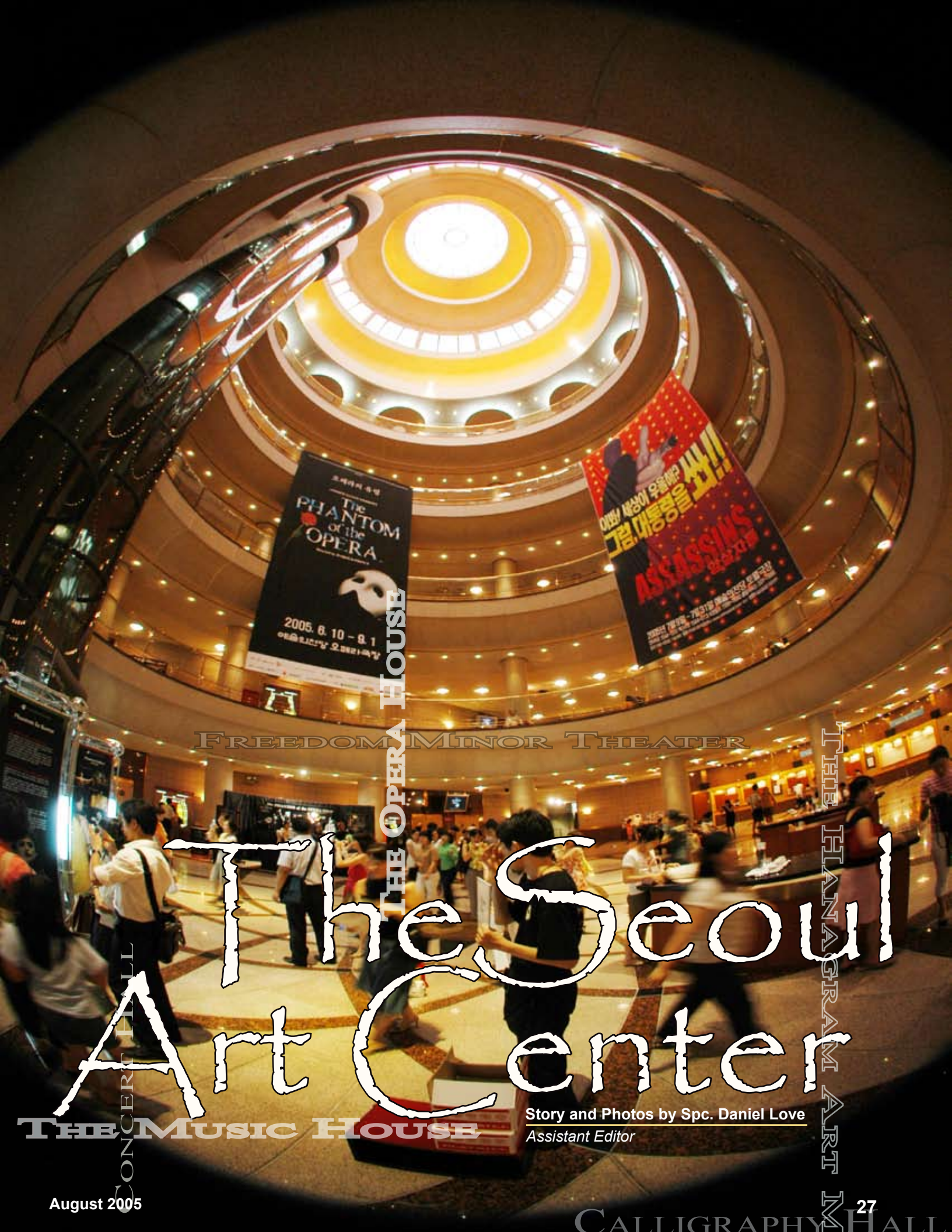
Moisture-wicking socks

Bellowed calf storage pocket on left and right leg

Draw string leg cuff

Improved hot-weather desert boot





FREEDOM MINOR THEATER

THE OPERA HOUSE

THE HANAGRAM ART MALL

CONCERT HALL

The Seoul Art Center

THE MUSIC HOUSE

Story and Photos by Spc. Daniel Love
Assistant Editor



The Music House

This seven-story building's main theater capacity is 2,300, and is often full during weekends. It hosts plays and operas every day, so those interested can probably catch a show. While there isn't a dress code, it's a good idea for those catching a show to be at least moderately well dressed.

For some, an average night in the usual spot can purge the urge for a good time. They go to the same few establishments every weekend, and never fulfill the potential of living in another country for a year or more. Others need more sophistication to satiate their entertainment impulses. They travel as much as they can, and absorb life and culture like a European drinks fine wine. So where do you go when you want to see something different? Seoul, let alone the rest of South Korea, has enough interesting, culturally rich hotspots to keep one occupied for many a weekend.

One of these is the Seoul Art Center, just south of Gangnam. After a ten minute walk (or short bus ride) south from Nambu Bus Terminal subway station visitors will find 780,89w9 square feet and two billion dollars worth of artistic expression consisting of an opera house, a music house, art and calligraphy museums, stages, theaters and academies. The sprawling complex gives off an aura of artistry, fusing Korean and western styles of architecture. Inside the intricate details is a daily mass performance and splendor. Music drama and theatrics are constantly on display. To see a schedule of the daily activities or learn more about the Seoul Art Center, go to <http://www.sac.or.kr/eng/program/daily.jsp>.



The Opera House

Designed to perfectly host sound, the music house is host to performances by Korean and international artists every day. Lines can get long before a performance, so its good to get tickets in advance or upon arrival at the center to ensure a seat is available.

New collections of paintings are rotated every few months in the art museum. While the explanations for them are mostly in Korean, reading isn't required to appreciate the details of the donated works. Most of them are donated from private collections.

The Hanagram Art Museum

MUD



OFFEST



Story and photos by Staff Sgt. Kelly McCargo

8th U.S. Army PAO, NCOIC

An international crowd of servicemembers and civilians wallowed-in and layered Boryeong's "mineral-rich" mud over their bodies and claiming it was all in the name of fun.

More than 2,000 Australians, Americans, Canadians, Englishmen, New Zealanders and South Koreans participated in the 8th Boryeong Mud Festival at Daechon Beach, South Korea, July 16 through 22.

"The thing I enjoyed most was the attitude of everyone down there because everybody was having a great time," said Pvt. Jason Nichols, an intelligence analyst at Yongsan U.S. Army Garrison. "The scene when I got there was nuts...people were running around covered in mud—there was mud wrestling, mud slides and a warm ocean to wash all that mud off."

The sea of bodies could also compete against each other in mud-soccer games and obstacle courses for kids of all ages. There were also open-air concerts and dance competitions for teens and adults.

"It reminded me of home and all of the college events my friends and I use to go to," said Pfc. Jessica Sturak, USFK, intelligence analyst. "However, this was very clean and 'kid' friendly. The beach was clean, and for (people) who lived near the coast, seeing the ocean is refreshing."

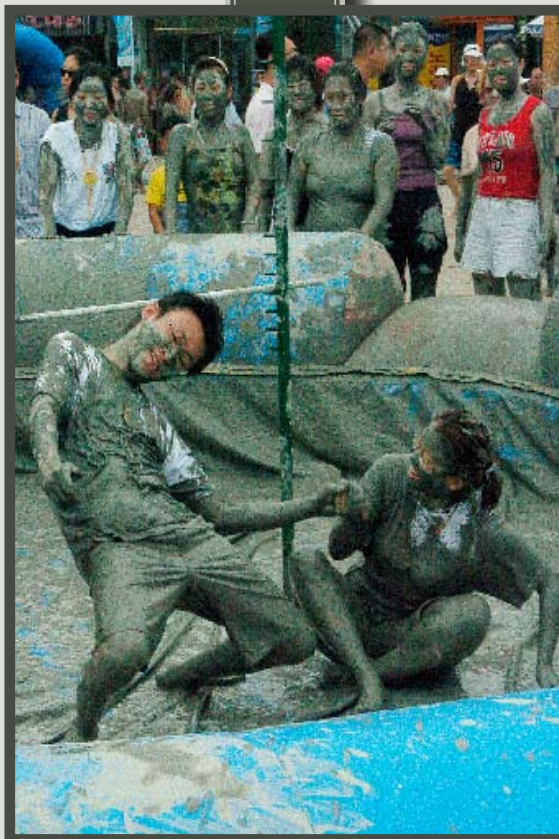
Some Soldiers discovered the festival by obscure but effective means.

"I heard of the event from a friend, who found it in the Seoul magazine. It looked like a fun event, so I decided to go," said Spc. Joshua MacDaniel, a U.S. Army Troop Command-Korea chaplain's assistant. "The thing I enjoyed most about the event was meeting people from all over the world."

"It was great to see and talk to so many different people all in one place," said MacDaniel.

CONTINUED on pgs 32-33





"I will definitely go to the mud festival next year."

Along the Daecheon Beach pedestrian strip, numerous restaurants placed water tanks filled with several varieties of live fish, squid, octopus, shark, clams, crabs and sea-worms.

Other restaurants sported rotisseries with pork shoulders or beef slabs, and set up beer stands outside their doors to entice passersby.

"Next year I plan on taking a week of leave and staying down here! I will be recommending this to every new Soldier coming to Korea," said Sturak. "Especially if they want to do something fun outside of the city—it's a hundred times better then going out to Itaewon or staying in the barracks!"

Rather than import mud from outside South Korea, the mud festival's specially filtered and sterilized mud is collected at South Korea's own Boryeong Mud Flats, along Daecheon coast, or from Boryeong Mountain.

Many cultures, including the Korean culture, believe that the natural minerals within mud greatly prevent skin disease and reduce aging, according to the Boryeong Mud Festival official tour brochure. Mud is a key ingredient in many prestigious skin care products throughout the world.

Though lavish mud-spas with their all-natural hot-springs cater to the high-brow clientele, this week was

for the everyone.

"I would recommend the mud festival. It was a great experience and everyone was happy and friendly. It was also a nice change from the usual city environment I'm used to here in Yongsan," said MacDaniel. "I (only) spent between \$100 and \$120 for the entire weekend."

The mud fest is also recommended for people who are afraid to venture out because they are afraid of the language barrier.

"It was very cool for people that are afraid of going places because they don't know the language, they had tons of translators," she said. "I really had a lot of fun, it was one of the best things I've done in Korea so far."

Rampant mud fights dominated the day-light hours but once the sun went down the mud caked bodies jockeyed for the relief of a dirt free shower.

At night, many fest-goers, now freshly showered, intermingled in general goodwill along the pedestrian strip amidst the atmosphere of international people. A brilliant fireworks show on July 16 served as a backdrop which the neon lights from the multitude of bars, restaurants and night clubs could not compete with.

For more information about the Boryeong Mud Festival check www.mudfestival.or.kr. You can select an English language site at the upper right corner.

USO Panunjom (DMZ) & Tunnel
Camp Kim, Seoul
August 2, 6, 10, 13, 16, 20, 23, 27, 30
For more information:
<http://www.uso.org/korea>

USO Bomun temple (Ginseng and Bamboo Market)
Camp Kim, Seoul
August 4
For more information:
<http://www.uso.org/korea>

USO Korean Folk Village
Camp Kim, Seoul
August 6
For more information:

<http://www.uso.org/korea>
USO Everland Amusement Park
Camp Kim, Seoul
August 7
For more information:
<http://www.uso.org/korea>

USO Cultural Tour (Kyung Palace and Changduk Palace)
Camp Kim, Seoul
August 11
For more information:
<http://www.uso.org/korea>

USO Lotte World Amusement Park
Camp Kim, Seoul
August 14
For more information:
<http://www.uso.org/korea>

USO Kangwha Island (Chundeung Temple)
Camp Kim, Seoul
August 18
For more information:
<http://www.uso.org/korea>

USO Shilluk Temple
Camp Kim, Seoul
August 20
For more information:
<http://www.uso.org/korea>

USO Seoul Land & Zoo
Camp Kim, Seoul
August 21
For more information:
<http://www.uso.org/korea>

USO Insadong Night Tour
Camp Kim, Seoul
August 25
For more information:
<http://www.uso.org/korea>

USO Water Rafting
Camp Kim, Seoul
August 27
For more information:
<http://www.uso.org/korea>

USO Caribbean Bay
Camp Kim, Seoul
August 28
For more information:
<http://www.uso.org/korea>

LET US KNOW

**PLEASE LET US KNOW
WHAT YOU THINK OF
THE ROK STEADY. IF YOU
HAVE ANY IDEAS OR
COMMENTS TO HELP US
IMPROVE THIS PUBLI-
CATION, SEND US YOUR
RESPONSE BY E-MAIL
TO ROKSTEADY@KOREA.
ARMY.MJL.**

SPEAK MUCH?

Where are you going: o-di ka-se-yo
I'm from the USA: e-so was-so-yo mi-guk
I'm a Soldier: cho-nun e-yo ku-nin
Do you speak English: yong-o ha-se-yo
Where can I buy a ticket: pyo o-di-so sal-su iso-yo
Please take me to...: ...e ka-ju-se-yo
How much do I owe you: ol-ma e-yo
I feel like dancing: ship o-yo chum chu-go
Come along: ka-chi ka-yo
Sure!: mul-lon-i-jo
Come on!: o-so-yo
Do you have a light: rait-o is-su-se-yo
Are you married: kyol-hon has-hos-so-yo
I miss you: po-go shim-ne-yo
I'd love to see you again: gok ta-shi po-go ship o-yo
How much is this: i-go ol-ma e-yo
The price is too high: no-mu pis-sa-yo
A little bit: cho-gum

Bulgogi

- 1 1/2 pounds sirloin steak
- 6 green onions, sliced
- 4 garlic cloves, minced
- 3 tablespoons minced gingerroot
- 3 tablespoons soy sauce
- 1 tablespoon cider vinegar
- 2 teaspoons sesame seed
- 1 1/2 teaspoons granulated sugar
- 1 1/2 teaspoons vegetable oil
- 1/2 teaspoon pepper
- 1 plastic bag

Score sirloin steak with a shallow 1-inch cross-hatch pattern. Repeat on other side. Cover with plastic wrap. Working from center to edges, use a meat mallet to pound steak into a 12 x 8-inch rectangle. In a 13 x 9-inch baking dish, combine thinly sliced green onions, finely chopped garlic cloves, chopped, peeled ginger root, soy sauce, cider vinegar, sesame seed, sugar, oil, and pepper. Add the steak and allow to marinate, covered, in the refrigerator, for 2 hours. Remove the meat from the marinade. Over a hot grill, cook the meat to desired doneness. Slice thinly to serve.





ver 19,000 clay fig-
ures fill a room at the
Third Annual World

Ceramic Biennale Exhibition Hall
in Ichon, Gyunggi-do, South Korea.

Photo by Cpl. Sadie Bleistein

